

Dr Helen Mann B.A., DClInPsych.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL16945**
Disclosure Barring Service Number: **001518754875**

Dr Helen Mann has 17 years' post-qualification experience in undertaking assessments and treatments of adults and parents with complex mental health and personality difficulties. She works clinically with the developmental roots of complex trauma and the impact that this can have on mental health diagnoses, substance misuse problems, anger, aggression and interpersonal violence. Her training and experience across a broad range of therapeutic models including Mentalisation-based therapy, Dynamic and Interpersonal therapies, Cognitive Behavioural and Schema Therapies offers her a clear understanding of capacity for change.

PROFESSIONAL EXPERTISE

- Assessments of adults with complex mental health and therapeutic needs
- Adult and parents with personality disorders
- Training mental health professionals in the assessment and treatment of personality disorder
- Relationships, domestic abuse and capacity to protect children from domestic violence
- Therapeutic interventions for the adults, couples and parents
- Neuropsychological assessments of adults and older adults
- Assessment of mental capacity within court proceedings
- Therapeutic assessments of the capacity to change

WORK HISTORY

2011 – Pres Independent Clinical Psychologist, Psychotherapist and Expert Witness, Central London

2011 – 12 Clinical Psychologist (Band 8b), Lead, Mentalisation - based Therapy (MBT) Team, Psychological Therapies Service (PTS), East London NHS Foundation Trust – Newham

- Developed and led specialist therapy team for adults with 'Personality Disorder' (PD).
- Provided evidence-based intensive 18-month therapy programme for adults with PD.
- Managed and supervised qualified and unqualified psychologists, practitioners, trainees.
- Provided training and consultation to the wider organisation regarding PD.
- Contributed to Trust-wide PD strategy and regional rep for nationwide PD training.
- Outcomes measurement and audit.
- Assessment of adults referred to secondary care PTS

2008 – 11 Clinical Psychologist (Band 8b), Lead, Adult MH PTS, East London NHS Foundation Trust – Tower Hamlets

- Led secondary care mental health outpatient psychological therapies service for adults.
- Managed and clinically supervised qualified and unqualified psychologists and trainees.
- Assessment and provision of brief multi-modal therapies to clients with complex presentations living in deprived, culturally diverse, inner London borough.
- Service development, strategy planning, recruitment, clinical governance, audit

2004 – 08 Clinical Psychologist (Band 8a), Older People’s MH services, South London and Maudsley NHS Foundation Trust

- Worked on inpatient ward, CMHT and Continuing care unit for older people.
- Assessment, neuropsychological assessment and brief interventions, training and consultation.
- Developed dementia services, set up nursing home consultation service and family service.
- Provided Psychodynamic Psychotherapy, CBT, family and group therapies within PTS.
- Academic teaching on Salomons, IoP, Surrey, Essex and Tavistock clinical psychology training schemes, undergraduate medical training, teaching/training programmes for ward and CMHT.
- Supervision of clinical psychology trainees
- Member of Trust-wide strategy group for implementation of ‘Recovery’ model within services.
- National PSIGE Conference 2006: 'Development in Later Life and the Psycho-analytic Observational Method'.

2003 – 04 Clinical Psychologist, Older People’s MH services, South Downs NHS Trust

- Neuro-psychological assessment
- Assessment and Therapies
- Service development

PROFESSIONAL QUALIFICATIONS

2004 – 06 Post qualification Diploma in Psychodynamic Approaches
Tavistock and Portman NHS Trust

1999 – 02 Doctoral Degree in Clinical Psychology (DClinPsych), Salomons
Christchurch Canterbury University

1994 – 96 Conversion Diploma in Psychology, distinction,
London Guildhall University

1990 – 93 BA Hons Economic and Social History, 2;1
Bristol University

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Understanding CPTSD in the ICD-11 theoretical and practice contributions (BPS, Sept 2018)
- Reflective Function on the Adult Attachment Interview (Anna Freud Centre, Mar 2018)
- Care Index Infant Observational method (BPS, May-Jul 2017)
- Assessment of Parental Representations of Risk (Anna Freud Centre, March 2017)
- Attachment and Psychopathology, Tavistock and Portman NHS Trust. (Dec 2016)
- Psychodynamic supervision (monthly, 2006 – present)
- Expert Witness 4 – Using Psychometrics (BPS, Jun 2016)
- Expert Witness 1,2,3 – Responsibilities, Report Writing, Court (BPS, Sept 2016)
- Co-production, BPS, March 2016
- Teaching Clients Mindfulness Skills (Maggie Stanton, Sept 2014)
- Thinking of the couple in individual work (TCCR, Mar 2014)
- Dynamic Interpersonal Therapy (Anna Freud Centre, Mar 2012)
- Specialist MBT supervision (twice monthly, Apr 2011 – Feb 2012)
- Well-being: Professional, Political and Clinical Implications (BPS, Feb 2012)
- Working successfully in private practice (BPS, July 2012)

- Managing Patients who are Violent (East London NHS Trust, Oct 2011)
- Medically Unexplained Symptoms (Tavistock and Portman NHS Trust, Mar 2011)
- Understanding Delinquency and Perversion (Portman Clinic, Jan-June 2010)
- Mentalisation-based Treatment Approach (Anna Freud Centre, Jan 2010)
- Brief focal psychodynamic psychotherapy group supervision (Dec 2008 – Dec 2010)
- Personality disorder seminar and specialist supervision group (Dec 2008 – Dec 2010)
- Transference- focused Therapy for Borderline Personality Disorder (BPS, Nov 2009)
- Understanding Self Harm (East London NHS Trust, 2009)
- Early Onset Borderline Personality Disorder services (BPS, 2009)
- Brief Focal Psychodynamic Psychotherapy (Experiential Psychotherapy, 2009)
- Supervising Psycho-dynamically (UCL, Nov 2009)
- Application of Theoretical Models of Supervision to Supervisory Practice (SLAM, Nov 2008)
- Cultural Competence in assessment, intervention and supervision (PSIGE, 2008)